

QC

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**Ukrainian Canadian
Congress**

**HEARTACHE
HITS HOME**

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ENDURE A TIME OF WORRY AND TUMULT
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FREE

IN THE CITY

APRIL 13, 2014 — 12:16 P.M.

A celebration of First Nations



Colourful performances led by the diverse Centre on April 9 and 13 as artists and First Nations culture were celebrated at the First Nations University of Canada Spring Celebration Powwow in its 36th year. The centre and the event — listed as one of the largest and longest running celebrations in the province — featured dancing, singing, drumming, artistic and social displays. Every year, the event attracts thousands of visitors and participants from various parts of Canada and the United States. The powwow includes competing and non-competing drummers and dancers, with performances lasting continuously throughout the afternoon and evening. (S. PHOTO BY MICHELLE SLOTT)

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We pray that it will never come to war," said Father Ivan Molodtsov, priest at the Ukrainian Orthodox Cathedral of the Holy Trinity in Saskatoon. **OP PHOTO BY TREVOR HUNTER**

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More over 40 pairs of shoes in her walk-in closet, Regina Hotel Association CEO Tracy Fehrmann has plenty of ways to accessorize her outfits. **OP PHOTO BY TREVOR HUNTER**

QC COVER PHOTO BY MICHELLE BERG

QC is published by the Leader-Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief. Heather Peterson is managing editor. Jenn Sharp is executive editor. For advertising inquiries contact 781-6521; editorial 1-855-648-6557; home delivery 781-6520.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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ON THE COVER

It has strengthened our community.
— Orest Gavdylo

CRISIS IN UKRAINE

Unity bred by conflict



Despite the fear and uncertainty Orest Gavdylo, president of the Ukrainian Canadian Congress, said the conflict in Ukraine has strengthened the community here, as people in similar situations

By Sean Tremblay

Orest Gavdylo is safe in Canada, but these days his emotions are driven by the turmoil in Ukraine.

"There's a lot of stress. A lot of heartache," said Gavdylo, president of the Regina chapter of the Ukrainian Canadian Congress (UCC).

For months, newsreels have carried images of violent conflict

between police and protesters in Ukraine. More recently the Russian military got involved, and a piece of Ukraine has been annexed. The crisis has us now at the centre of an international conflict, with the path from here uncertain.

The conflict is of particular importance to a large section of Saskatchewan's population. Our Ukrainian roots run deep. The 1986 census

found 34 per cent of Saskatchewan residents — 128,380 people — have Ukrainian roots. Saskatchewan itself had 58,525 in the same survey.

With each day's news, Ukrainians are hit with a new set of emotions.

The prospect of war is always troubling, but for Gavdylo, such worries are magnified by having family and friends back in Ukraine.

"They're struggling. They're

scared. Fear is the biggest thing right now. And lack of movement," he said.

His position with the UCC gives Gavdylo a place to focus his stress. They're organized rallies, raised money and plan to send observers to Ukraine to monitor the upcoming presidential election, which could have a stabilizing effect on the region.

"There is still a lot of uncertainty, but among the Ukrainians there is a will to live. The conflict has been unifying. Fourth generation Ukrainians have contacted with recent immigrants and organizations have coordinated across civic and provincial boundaries. Whatever happens, they will face it together."

"It has strengthened our community," Gavdylo said.

"I have my iPad beside me. I check it before I even get up. I open my eyes, and check the iPad — Serhiy Karoluk

In Ukraine, years of simmering unrest boiled over last fall. The cabinet of then President Viktor Yanukovich delayed a proposed trade agreement with the European Union at the alleged behest of Russia. Protesters spilled into the streets. In late November, an estimated 100,000 people gathered in Kiev within a month; the number grew to 400,000.

There was some aggression between police and protesters, but no deaths were reported in those first rounds of protest. That changed in the new year.

After the Ukrainian parliament passed strict anti-protest laws, two protesters were shot and killed in a clash with police Jan. 30. Another was found dead the next day. On Feb. 18, Ukrainians saw the worst violence to date, with 19 people — including seven police officers — killed. By February 22, the death toll had risen to nearly 100.

President Yanukovich fled the country soon after Parliament voted to revoke his presidency and set May 15 as the date for a new election. To many reformers, it seemed like a victory.

Then in the final days of February Russian military forces moved into the Ukrainian peninsula of Crimea (populated mostly by ethnic Russians). Crimea's fate has long been a matter of dispute with Russia.

As the majority of world leaders denounced Russia's "incursion," a referendum was held in Crimea. According to the results, which were disputed by opponents and most Western leaders, 97 per cent favoured rejoining Russia. In mid-March, Russian President Vladimir Putin signed a bill absorbing Crimea into his country.

Some fear the situation could escalate into wider conflict between Russia and the West, particularly if Putin sends Russian troops into other former Soviet satellites.

By the time things settle, Ukraine could look very different than it does now. There are no serious — and sometimes violent —



Anti-government protesters clash with police in Independence Square in Kiev, Ukraine, despite a trade agreement signed between the Ukrainian president and opposition leaders in February 20. (AP/GETTY IMAGES PHOTO)

Father Taras Makovsky has seen first-hand how the troubles in Ukraine have had a unifying effect here in Saskatchewan.

"In the Ukrainian community, it has drawn everyone together. It doesn't matter if they are third, fourth, fifth generation or those who

have just come from Ukraine," said Makovsky, the priest at Saskatoon's Ukrainian Orthodox Cathedral of the Holy Trinity.

Makovsky is careful not to comment politically on his capacity as a priest, but sees value in what the church offers during such times.

"It's not the place for the church to play politics, but religiously, I

think it's important to one together with all the faiths within Ukraine and Russia, and pray for peace and oneness in our homeland. Prayer is a powerful tool, and the Slovak countries have a strong religious background," he said.

He has witnessed a coming together of various denominations, including some Russian churches.

All of them just want a peaceful resolution.

"We pray that it will never come to war. We're praying for the safety of the Russian nation also," Father Makovsky said.

He has also seen an uptick in attendance for his services since the troubles began. Continued on Page 6

As a fourth-generation Canadian of Ukrainian background, I didn't think it would be as tough. But then I started to reflect on my upbringing, the history and things of that nature, to really come to grips with it. — *Adrian Boyko*

"It's to be continued," he said. Karabak still remembers the excitement he felt when he first saw police clashing with protesters.

"Nothing could stop them. They were actually killing people! That was a shock for us," he said.

He himself graduated in Ukraine as a university student, during the country's bid for independence in the early 90s. Officers told him he might be detained, but he never saw anything like what is happening now.

"They didn't beat me and they didn't kill me. I mean, I've seen," he said.

As he watched the recent events unfold, he became more and more disheartened with how the Ukrainian political system had become corrupt.

"I know there has been corruption. But the politicians are double-faced and using their position to lie to their people, but I didn't think they would go to that level. Corruption on all levels. It was like a cancer spreading to multiple organs," he said.

For those with friends and family who took part in protests, every new story carried high stakes.

"We knew lots of people who went to Maidan (the square in Kiev that has been at the centre of the protests) but no one was hurt," said Vladimir Dubashinsky, who moved to Canada nine years ago.

Like Karabak, Dubashinsky was continually optimistic about the situation. He praised the economic sanctions levied against Russia by Canada and other western countries.

"They're still talking, so hope fully there is some chance for it to end peacefully," Yaroslav says.

He knows that any new violent action will take time, and require a systemic change in Ukraine.

"Corruption won't build in one day, so it won't change in one day," he says.

Others are less optimistic, and want to see world leaders fire military missiles.

"I feel very pessimistic about it unless the U.S., European Union and NATO start moving their hand



U.S. government protesters threw Molotov cocktails as they clash with the police at Independence Square in Kiev early on February 19, 2014. Protesters burned for a fresh assault by riot police in eastern Kiev after a day of clashes left at least 20 people dead. As dawn rose over Kiev's battered city centre, protesters hurled paving stones and Molotov cocktails at lines of riot police that had pushed into the heart of the devastated protest camp on Independence Square. (AP Photo/Andrii Hrytsenko)

were in to support," said Adrian Boyko. While he doesn't want force mobilized in Ukraine itself, he says Russia needs to see that the submitters of the world are taking the situation seriously.

He also says economic sanctions should be ratcheted up even if there are short-term repercussions for western economies.

"It is still hurt the western world for a while, but it will destroy

the Russian economy and they need to pay a price," he said.

The faster and harder the world acts against Russia, the less likely the situation will escalate out of control, Boyko said.

"We don't need a third world war." Karabak stopped short of calling for military action, but did speak in favour of as much economic pressure as possible.

"I think the whole world, including Canada, could share some economic sanctions," he said, although careful to add he is pleased with what Canada has done so far.

He said that Russia's membership should not be the only thing considered.

"Perhaps there are some things that cost more than just money. Its man lives. Dignity. This revelation of dignity of Ukraine has actually

showed there is something money cannot buy," he said.

Whatever happens, the thing Karabak wants most is for it to end peacefully, so he can get back to living without a constant source of stress in his life.

"I wish I could start my morning by having coffee first. I wish I could go to bed without looking at who was killed or who was kidnapped," he said.

FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

REGINA FASHION

Tracy Fahlman: Accessories help dress up business attire

By Natascia Lynpy

Tracy Fahlman is standing in her small but mighty walk-in closet, craning her neck up at the nearly floor-to-ceiling shoe rack that occupies one side.

"Oh my goodness," she says, her eyes scanning over the 44 pairs. "I never really counted before."

Fahlman's partner designed the shoe rack along with the closet, to accommodate their mutual love of fashion in their 1,300-square-foot downtown condominium. The Fahlmans are draped with alternating acts of leisure and parties, both men's and women's.

"I'm very much a business outfit. That is where it is most comfortable," said the CEO of the Regina Hotel Association sporting a vibrant red suit from Judith & Charles.

Suite became Fahlman's go-to work ward-robe at the age of 35 when she landed her first job at Bear's contrast studio, only to realize she didn't have any professional attire. Instead, she had her mother's suit-faded closet micro-minimalist.

"I like to have fun with my suits and my business dresses," Fahlman said, explaining how she adds an eye-catching pop with chunky jewelry and, of course, shoes. "It brings a little bit of my fashion my style to what could be somewhat stark and business suit."

Her top local picks are Arlo, Zoe's and W&W. In her daytime work, she has to give off an air of professionalism and approachability.

"My job is essentially to support hotels and I'll 2,600 hotel rooms a night."

Outside of meetings and conference calls, Fahlman travels upwards of 30 events a week hosted by the companies and associations she turns to Regina.

She also travels extensively around Canada, making sure to sport local brands on her way.

"I'm out and I'm travelling all across Canada promoting Regina as a destination and... it just gives the opportunity to promote the uniqueness and authenticity of Regina, because we have so much talent and creative artists in our city," she said. "So I just like to embrace that local love when I'm out on the road."

Despite the 12-hour days, time away from home and multiple outfit changes, Fahlman said "I have the best job in this city. I have the best job in this province."

And one where she no longer needs to rummage her mother's closet.



Outfit 1:

BUSINESS DAY

1. RING, EARRINGS AND NECKLAGE: Judith & Charles, a Regina jeweller

2. SUIT: from Judith & Charles. Fahlman spotted it in a boutique window in Ottawa and said she had to have it.

3. SHIRT: OCBG Max Azria

4. SHOES: Ralph Lauren



Tracy Fahlman's brand: Business attire.
QC PHOTO BY TROY FULTON

FASHION



Tacy Fehleman
goes from my
fuzzie



Outfit 2:

**SPECIAL EVENT
SUCH AS
AGRIBITION OR
CRAVEN**

- 1 **HAT:** Western Express Inc., a country-western wholesale retailer
- 2 **RINGS:** A gift from Pinterest.
- 3 **BRACELETS:** The new-dressed Hall and Lee, which was located down the street from Fehleman's Hamilton Seneca condo building in Beane. She likes how the mix of silver and gold makes it easy to mix and match.
- 4 **SHIRT:** BCBG Max Azria
- 5 **JEANS:** Jessica Simpson, from The Gap. Fehleman said the fit has some surprising finds new that it's a very nice one designed brand.
- 6 **SHOES:** Gucci

"RESTORED TO ITS ROCK ROOTS!"

—Stephen Fry for *The Guardian*

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WINE WORLD

MOST SUBITE FRAMBOISE

Spring solution in a bottle of tart Belgium framboise

By James Romanow

Ah spring! The smell of flowers, the first fresh berries — OK, not that your fruit bag, that's why summer was invented. And I'm here to tell you that if you want to feel more springlike and happier, the solution lies in a lovely bottle of Belgium framboise.

Around the end of the first millennium, people were experimenting with herbs and spices in their berry beers. Of this was for better, since the use of a healthy tonic and some of it was to clean or stop the beer from going bad.

The word *framboise* was honey, an all-purpose antioxidant, but it was rather expensive. Fruit juices were next, especially berry juice since berries, before refrigeration, tend to go bad instantly. Adding them to beer was a way to extend the crop. Between 1000 and 1,100 people worked out that hops solved all these problems, and modern beer was born. By then, the Belgians had realized the raspberry juice version was too natural. They can't resist making it even while the rest of the world dived headfirst with the more complex recipes of hops.

Mort Subite is a very well made and well distributed framboise. It is the opposite of a cooler flavoured profile. A slightly opaque light red in the glass. It tastes a nice head. The fruit is clean and sharp, not cloying at all. There is little if any sugar. It is a tremendously refresh-



ing tart beverage, typically served in a champagne flute. (The stopper is traditionally a corked champagne flute neck.)

I can think of few better beverages to accompany lunch or just a thing in the sun of a newly resurgent drink. It is available at Liquorland on Second Avenue and at the new Group Liquor store in Shawmut in Boston.

Mort Subite Framboise, 85 ***** (Due to the Vancouver port strike, quantities will be limited, but do go when you can.)

More great wines in Monday's StarPhoenix and on Twitter @JRomanow.

Crossword/Sudoku answers

MILK	PUER	TEA
EPEK	UPDOWN	SLUG
ASAN	SLAVE	KERI
DONSTAR	DEAN	
SNIT	GAD	
CSSA	ONESTOP	JAV
IAMBO	TIMETOGO	
DRINKS	ALLAROUND	
JAGLARY	REPER	
THO	RISE	SSA
IN	DINA	
ARCRO	PROLIMA	
LARD	PAINT	NOTA
ESAU	REPLIF	LMOK
POP	WATER	WINE

8	9	2	4	6	3	5	1	7
3	7	1	5	9	2	4	8	6
4	5	6	1	8	7	3	2	9
7	2	4	6	3	5	1	9	8
1	8	3	7	4	9	2	6	5
9	6	5	8	2	1	7	3	4
5	4	9	3	1	6	8	7	2
6	3	8	2	7	4	9	5	1
2	1	7	9	5	8	6	4	3



SUMMERTIME FUN

- Camps
- Programs
- Sports
- Academics
- Activities

LEADER POST

summertime FUN

Safety tips for surviving the dog days of summer

[MNS] — The end of summer can be a bittersweet time of year. To some, summer is the most enjoyable time of year, marked by shorter hours at the office and family visitations. For kids, summer is a time when homework is not made an issue of rest and relaxation.

As enjoyable as summer can be, there are many people who, come the end of August, are glad to see summer nearing its end. Such people may enjoy cold weather or may simply find their tolerance for high temperatures and humid afternoons is starting to wear thin.

Regardless of one's personal opinion about the dog days of summer, the often unbearably hot temperatures with little summer is an undesirable safety risk for people of all ages. High temperatures mixed with intense humidity can be dangerous, and it's important that men, women and kids implement safety as summer winds down.

- **Check seating before sitting down:** You don't have to spend late outdoors to get burned when summer temperatures soar. Something as simple as sitting down on a surface exposed to the sun can cause burns. Before sitting down in a car, on a bench or other surface exposed to the heat, check the seats by touching them with your hand. If not coated with your hand is not likely to result as a burn, and you should be able to grasp whether a seat is safe to sit on or too hot. Parents should always check their children's car seats before placing youngsters in the car. It seeds are too hot, cover them with a towel before sitting down.
- **Look out doors at all times:** Kids might be more amenable to summer heat than their parents are, but that doesn't mean playing outside isn't a potential threat to youngsters' health. In addition to more standard precautions like applying sunscreen

to youngsters before they go outdoors and ensuring they drink enough water, make sure the doors to all vehicles are open properly are locked. Whether they're seeking a respite from the hot summer sun or simply playing with friends, kids might climb into cars when doors are not locked, and that can put youngsters in precarious positions, especially if the vehicle's windows are rolled up. Cars can quickly turn into ovens during the late summer weeks, and kids can easily succumb to the heat if they climb into an unattended vehicle on a hot day. Be sure to lock your car doors so kids are not tempted to climb in on hot summer days.

- **Limit strenuous activities:** Adults may find late summer is the ideal time to get outdoors and go for a run or enjoy a little sun-soaked exercise. Some may want to get a little sun or simply enjoy the sensation of sweating off a few pounds as they jog around the neighborhood. That strenuous outdoor activities should be kept to a minimum once the dog days of summer arrive. Heat stroke and dehydration are very real possibilities when adults and kids overexert themselves on hot days, so keep physical activity to a minimum on especially hot days or schedule activities for those times in the day when the temperature is more amenable to activity.

- **Stay hydrated:** Late-summer heat can take a toll on the body, which needs water to stay cool. On days when the summer heat is especially hot, be sure to drink plenty of water even if you don't feel thirsty. The body's cooling system can fail in extreme heat or when conditions outside are especially humid, leaving men, women and children susceptible to dehydration. One way to gauge if you are drinking enough water is to look at the colour of your urine. If your urine is clear like water, then you're likely drinking enough water. When urine is a darker colour like the colour of apple juice, then you likely need to drink more water. Dehydration, an elevated heart rate and nausea are some symptoms of dehydration, particularly on hot days.

The end of summer means cooler weather is just around the corner. But end-of-summer heat can be very dangerous, and men, women and children should take precautions so summer's last heat wave does not take a potentially dangerous toll on them.

Summertime. Yahoo!

The Saskatchewan Abilities Council provides 2 summer programs for children, youth and young adults with disabilities. Summer fun for ages 6 to 12. Social Learning Week Program (SLWP-You) for ages 17 to 22. Program focus is providing recreational and leisure activities for participants. Participants will experience a supportive environment that fosters independence, self-determination and personal growth while providing an opportunity to develop new friendships and social skills through interaction with peers. Summer programs run July and August, supported by:



Saskatchewan
Abilities
Council
Contact: Susan Hogg
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Contact: Michael Gannon Web site: www.saskabilities.org or info@saskabilities.org for more information.
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or call 1-800-441-4444 for application. 1-800-441-4444 or www.theexpressions.ca



Photo: Instagram for Cathedral Art School and Studio

SUMMERTIME FUN

How to get a great beach body

(M) — After a long, hard winter, chances are many of us peaked on some extra padding. But sunny days and warmer temperatures are finally here, and we know that weekend season is just around the corner. So now you're wondering how to shed those pounds in time for summer.

Registered dietitian Lindsay Jung said, "The good news is that you can be confident on the beach and stem down and shape up without making drastic changes or following over-the-top trendy calorie-restrictive diets. The goal is to adjust your diet to make manageable changes that will last and avoid the need to go through this every year."

To help you get the body you want this season, Jung suggests focusing on the positive results and following the four-step plan to reach your goals.

Start now. Feed someone with similar goals to help you and start now. Share your ideas, plans and successes regularly. By simply stating your

Continued on Page 14

Cathedral Art School and Studio art camps for kids

There are so many great art camps for kids to choose from at the Cathedral Art School and Studio. Here is a sample of what is available for your children this summer:

Art camps for ages 10 to 14

- **Mixed Media Art Camp:** Explore a variety of different media and create fun and interesting projects with each.
- **Pin Air Painting Camp:** Pin it, as, or open as, painting is a style of painting done outside in the heat of nature.

Your child will create pins or paintings just as Monet did.

- **Pottery Art Camp:** Spend each day on a professional potter's wheel creating beautiful ceramics.

Art camps for ages six to nine

- **Nature Art Camp:** Painting garden stones, creating outdoor lanterns, and making leafy insects sculptures are a few of the awesome art projects that participants will create in the nature art camp.
- **Painting Art Camp:** Learn how to paint like the masters Van Gogh and Matisse. Students will create wonderful works of art with high-quality art materials, including watercolour, acrylic and mixed media painting materials.
- **Sculpture Art Camp:** In this hands-on camp, kids will sculpt, build and create a variety of amazing sculptural pieces of art and explore a variety of sculptural mediums and techniques, including clay, paper and found objects.

There are so many more great art camps to choose from at the Cathedral Art School and Studio. Check them out at www.cathedralartschool.ca



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summertime fun

How to safely light and extinguish a campfire

(MNS) — A roaring campfire is often a staple of the camping experience. A campfire to cook food or keep warm is an asset of any campground, and in the evening hours, a fire can provide a sense of security against nighttime forest animals. A burning fire can also illuminate a campsite, which makes maneuvering around the site easier.

How to get a great beach body

Continued from Page 13

injuries to someone else, you are more likely to achieve long-term success.

Practice patience! It's tempting to want speedy results, but the truth is that any diet change is easier if you take it slowly. Why not take advantage of the season and promise to add a new piece of fruit to your brown bag lunch each week or an extra serving of vegetables at dinner versus doing a big diet overhaul?

Think small: Don't punish yourself from the loads and delays you love. Extreme food restrictions make any diet difficult to stick to — and often result in overeating down the road. Instead, have small amounts of your favourite, keeping calorie balance front of mind. Are you a dessert lover? Opt for smaller, bite-size treats, like a mini-cupcake, to satisfy your sweet tooth.

Get moving. It's no myth that physical activity is an essential part of the equation to overall health and wellness. That getting active need not be torturous. Consider bringing a social aspect to your exercise routine by inviting a group of friends for a daily morning walk. Before you know it, you'll be looking forward to heading up those stairs!

More health and wellness tips are available online at newsinfo.leaderpost.com

www.leaderpost.com/cp/cp



Photo by iStockphoto

Although there are many benefits to having a campfire, it's important to note that fires, especially in very dry conditions, can be dangerous. It is essential to check a particular campsite or park's posting about drought conditions to read as essential. In the worst conditions, a stay fire for foresting reforestation can grow into an out-of-control wildfire in a matter of seconds.

Starting a fire

When you are ready to start a fire it is important to keep safety in mind.

1. Pick a safe spot to light the fire. Many campfires have fire rings for campers to use. If you are selecting a fire location on your own, choose an area away from brush or other easily combustible material. Make a ring with large rocks to keep the fire from spreading. Keep the fire several feet away from your tent.
2. Gather materials during the day so you will not be scrambling for them after dark. You will need both tinder and kindling to light a fire and keep it roaring. Tinder is any small, highly flammable material that can light and burn quickly. Fibrous plant material, small twigs and newspaper make good tinder. Kindling is small pieces of wood that will burn long enough to smelt larger logs of wood on fire. Finally, you will need a few logs of thicker wood that will sustain the fire. How plenty of material on hand to be able to continue the fire, or you may find yourself camping in the darkness when the fire goes out.
3. Create a teepee or X pattern for a well-burning fire. Layer your tinder in the tent level of the fire. Stack a few pieces of kindling on top of the tinder in an X or teepee shape. Ensure there is enough air to move freely through the fire to make ignition easier. Light the tinder from four corners points to get it all to light. Slowly blow air into the fire to allow it to burn hot enough to catch the kindling. Continue to add small pieces of kindling until you have a nicely sized fire. Then you can add larger pieces of dry wood for a big blaze.
4. Do not use accelerants when starting a fire or keeping it going. Avoid the use of chemicals, including lighter fluid and other accelerants, in your campfire. Do not use chemically treated paper or plastic materials in kindling, as they can produce noxious fumes and smoke. Accelerants can cause the fire to burn out of control. Keep the fire contained to what you can manage, and always keep a wet cloth or on the fire.

Maintaining the fire

You may need to fiddle with the fire from time to time



Photo by iStockphoto

to wait it and allow for equal burning. Having an ample amount of wood on hand will enable you to tend the fire easily. It's much easier to keep a fire going than to start from scratch since it has burned out, especially in the dark.

Be careful of embers that drift in windy conditions. Also, do not put your face or body directly over a fire. If the wood pops, you could be burned. Children should be carefully supervised when around a campfire.

Extinguishing the fire

After tending your campfire, completely put it out when you are done. Thousands of more wildfires are born from carelessness with regard to campfires.

1. Put out the fire well before you are about to leave the campground. There should be nearly ash and a few shakes of coal left if you have placed accordingly and started to wind down the fire before extinguishing it.
2. Use a stick to stir up the wood and ash and distribute the burning coals and embers. This is to extinguish any remaining flames as much as you can.
3. Pour water over the hot ashes to drown all embers. It's not just the hot embers you have to worry about. Pour water until all the hissing sounds stop. Avoid standing directly above the fire while you pour the water, because it will generate a lot of steam and smoke. If you do not have water on hand, mix dirt or sand with the embers to smother the flames. Continue to do so until the material is cool.
4. Stir the ashes again with a shovel or stick to further ensure the fire is not still burning.
5. Make sure everything is wet and cold to the touch before you leave the campsite. If the fire area is too hot to the touch, it's too hot to leave it because a fire may reignite.
6. Once you feel that everything is cool, you can accept the coals and ash into a bag and carry it out of the woods for disposal.

Knowing how to safely light, maintain and extinguish a fire is an essential component of safe camping.

5 ways to shake up your summer barbecue

[NC] — Every group has one, the friend that always hosts the best parties, the type of people people talk about for years. This season, that friend can be you.

"Most people think that good entertaining takes a lot of hard work and preparation," said Frank Speciale, the food product development manager with Wilmar. "The reality is that a successful evening is made up of three things: serving food, a great atmosphere and good people."

These five easy tips will shake up your traditional summer barbecue and ensure that every get-together you throw the summer is as memorable as the last.

Toppling bar. Take your guests beyond the customary ballpark and mustard and make a burger toppings bar. Include a selection of fresh toppings like tomatoes, tomatoes, grilled pineapple, caramelized onions, melted cheese and even bacon. Add different kinds of meat and a variety of sauces, including the Carolina BBQ sauce and the Yogurt Tzatziki Dressing in the Our Fresh brand line. Encourage your guests to create their very own summer burgers.

Create a signature drink. Having a fun drink made just for your guests will add a sense of occasion to your get-together, and a specially designed mug or tumbler with a fun pop logo is a fun option. Garnish with fresh fruit, add an umbrella or serve with special straws for extra brownie points.



Photo by Mike McCann

Offer options. Don't stop with burgers. Add an array of mouth-watering options like skewers, sandwiches, grilled chicken, portable meatloaves or ribs.

Serve a variety of sides. Go beyond the traditional chopped salad and serve up grilled corn, fresh chocolate salad and potatoes. Speciale suggests a variety of loveable side salads from Wilmar, like the Your Fresh Market Creamy Quinoa Salad, Tucson Style Bean Salad and the Cheese Potato Salad.

Create an experience. Take your get-together to a new level by putting some thought into a great music playlist, grabbing some colourful plates and napkins, and even stringing up some lights. Make a fun theme for your party and encourage your guests to dress accordingly.

More summer entertaining ideas and recipes can be found online at Wilmar's Our Fresh.

www.ourfresh.com

Get your car road-trip ready

[NC] — You've got your fares, you've propped up the back and you've programmed the GPS. You might be road trip ready, but after loading the winter tires on your vehicle?

During the winter months, we tend to spend more time in our cars. According to Statistics Canada, drivers average 16.7 million kilometre drives between July and September, the busiest quarter of the year. So it's not difficult to see that getting your car ready for these summer conditions is crucial for accident prevention and optimal fuel economy.

"Most of us take steps to prepare our cars for winter, but during the time for summer driving is just as critical," said Mauro Corrado, an insurance expert from Aviva Canada. "Before embarking on a road trip, drivers should take a few moments to make sure their car is ready to roam the summer roads."

Considered accessories are the following:

- **Check your tires:** Use all-season tires and maintain

your tire pressure, as both will improve your vehicle's fuel economy in warmer weather.

- **Get risk ready:** Replace your windshield wipers, which may be cracked or torn from ice, snow and salt and extreme temperatures.
- **Check air conditioning:** There's nothing worse than fanning your car conditioning on a hot, sunny day. You could have an issue if it can't produce or preserve temperatures that are 10°C below the outside air.
- **Cool your seat:** Sitting in traffic on a hot day is tough on your car's cooling system. Ask your mechanic to check your coolant levels at the start of the season.
- **Fight cell damage:** Replacing a cell-damaged or faulty gas gauge may take kilometers to ride.

With these tips in mind, you will be ready for your next road adventure. More information is available from your insurance broker or online at www.aviva.com.

www.ourfresh.com

Summer Time Fun

Things to consider before buying a recreational vehicle

[MNR] — Opportunity for adventure abounds for recreational vehicle (RV) owners. With a motor home parked in the driveway, a road trip or instant family getaway is only a few steps away.

While RVs can be rented, serious road trippers often prefer purchasing one so that it can be customized with the features desired and always be at their ready. RVs vary in price, depending on the vehicle, and there are a few things prospective RV owners should know before they begin shopping.

First and foremost, owners who have not previously owned an RV or even stopped inside of one may have an inaccurate perception of these vehicles. Today's recreational vehicles are much more than campers and, and it pays to attend an RV show to become acquainted with the various types of motor homes. This way you will be familiar with the program and have a reasonable idea of what you want before going to a dealership.

There are various classes of RVs, but the largest area tends to be the most expensive. Some RVs have an engine and are driven like a bus, while other models hitch to the back of a truck or van. If you will be towing an RV, you must be certain the car or truck doing the towing is equipped to tow a vehicle the weight and size of your particular RV.

Some RVs have fixed dimensions, while others expand, either manually or electrically, putting out wheels to provide more interior room when the RV is parked. RVs have different floor plans, and there are many different models to fit a buyer's needs.

Many RVs are equipped with no frills furnishings, but there are models that feature top-of-the-line appliances and fixtures. It's possible to get granite countertops and cherry cabinets in an RV, but such accessories will increase the cost of the vehicle. Uncluttered sofas and dining room banquets may be assigned to leather. Some RVs have an additional kitchenette built into the exterior of the unit for easy access when barbecuing or cooking at a campsite.

How you plan to use the RV should also be considered prior to purchasing one. Will you be spending time cooking meals and sleeping inside, or will it mainly be used as a storage unit for your camping gear? Do you plan on taking extended vacations and staying in the comforts of home? Defining these goals will help you find the right RV for you.

Another thing to consider is renting an RV for a day or two to get a feel for driving it and what it is like to spend a night inside. You may be able to determine if you need more or less of a mobile home when you ultimately decide to purchase.

Make sure everything works before you drive the RV off of the lot. Tires can be expensive, and you do not want to be stuck with a flat when you're on the road. Find out if there are any road-side assistance packages that can be negotiated to offer you peace of mind with your first RV.

The decision of whether to rent or purchase an RV requires ample forethought. Comparing a number of different models and designs and weighing personal needs can give buyers a good idea of which RV is right for them.

SUMMERTIME FUN

Amazing summer day camps filled with science

Every year, the Saskatchewan Science Centre hosts a full complement of day camps over the summer months. Themes change each year, covering a wide range of different activities.

"One of the main sources of ideas for our camps is the visiting exhibitions that we have at the Science Centre," explains Julia Frawich, manager of programming. "This year over the summer we're going to have *Dinosaurs Unearthed*, wildlife-sized extinct dinosaurs, so a dinosaur camp was something that we knew we were going to have." The dinosaur camp, *Can You Dig It*, features not only dinosaurs, but also geology, archaeology and other Earth-related topics.

There are also options for children who aren't into dinosaurs. "Yucky and Yummy is related to the human body and all of the things that go along with it, and also includes a look at food. *Extreme Bioplayers* explores the depths of the oceans and the highest mountaintops, as well as every type of habitat in between. And *Creative*

Side at Science will help kids get their creative juices flowing — something that is important for fostering innovation.

"A day camp of the Science Centre is a great experience for kids," said Frawich. "Over the course of a week, kids will go outside and explore Wascana Park, spend time in our playgrounds, see an IMAX movie and have lots of time to explore the Science Centre. They'll learn about science and the world around them, build things with their hands, and use their imagination to the fullest. We also like to have special special guests come to the camps to share their experiences and knowledge."

Saskatchewan Science Centre Summer Day Camps run from July 7 to Aug. 22 for five days each (four days each for the week of Aug. 5 to 6). Camps run from 9 a.m. to 4:30 p.m., but parents can drop their kids off at 8:30 a.m. and pick them up before 5 p.m. You can learn more by visiting www.SaskScienceCentre.com.

Things to consider before choosing a summer camp

(MNS) — Summer camp is often something kids look forward to, and something they will fondly recall long after they reach adulthood. For many kids, summer camp provides a first taste of independence, as youngsters spend significant time away from home without their parents for the first time in their lives. But as great an experience as summer camp can be for youngsters, it can be just as difficult as experience it parents don't find the right fit for their children. The following are a few things parents should take into consideration when seeking a summer camp for their kids.

Staff

The right summer camp staff can make all the difference. Many children are shy when arriving at a summer camp, as their friends from back home might not be joining them. That can make kids hesitant to participate in activities or learn enthusiastic about

Continued on Page 17

Photo: Cynthia Tobi

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Things to consider before choosing a summer camp

Continued from Page 75

those activities. But a good staff will know how to make kids feel welcome, which should help them come out of their shells and make the most of their summer camp experiences. It's important that parents ask camp representatives about their staff before making any commitments. Ask how long the staff has been together and the types of training staff members undergo before the start of camp season. Does the training include first aid and emergency medical training and certification?

It's also good to ask about the staffing process as the camp employs before hiring new staff, including the extent of the background check. A good camp will be forthcoming with answers to all of your questions, so eliminate those that appear hesitant to share information about their staff.

A day in the life

When visiting camps for kids, parents should ask what a typical

day is like once the session gets full swing. Many parents want their youngsters to have a well-rounded experience, while others might want their kids to attend a more specialized camp, such as a sports camp or a music camp. Ask to see schedules and how strictly camps adhere to those schedules. When considering specialized camps, ask the staff representative if kids will have the chance to simply have a little fun and which types of recreational activities are planned to give kids a break from what are often rigorous schedules.

Camp goals

A camp should be dedicated to creating kids have fun, even when kids are attending more specialized camps that tend to be more strict. In addition, parents should look for a camp that wants its attendees to foster relationships with their fellow campers. Camps can be lovely for some youngsters, especially those attending summer camp for the first time, but a summer camp that relies to promote knowledge among its campers can reduce, if not eliminate, any feelings of homesickness.

summertime fun

Wild things, dinosaurs and so much more

Campers can expect another summer full of fun, thrills and learning from the Friends of the Royal Saskatchewan Museum. With a variety of summer day camps being offered for children entering Grades 1 to 5, there are themes to suit all interests.

"Dinosaur camp is the most popular, so we run it twice every summer," said Louise Storr, program coordinator. "Children get a behind-the-scenes look at our fossils and museum policies, and experience what it's like to be an aspiring paleontologist."

With many other camp themes to choose from, ranging from animals and bugs to a whole week about Winnipeg Park, there is something to suit every child's interest. There is also a unique outdoor camp for children between ages nine and 12, which includes a road trip and a two-night stay at the Eco Discovery Centre in Estevan, SK. "We are

happy to be able to offer our 'Tut the Road' camp again this year for the older children, as it's unlike any other camp experience in Saskatchewan," said Storr.

The camps are also structured to fit the needs of busy families. Camp days are from 9 a.m. to 5 p.m., with an option for early drop-off, so parents' working schedules experience as little disruption as possible. "We strive to offer safe, fun and educational day-camp experiences that are as convenient for our campers and their families as possible," said Storr. "Many children come back year after year to attend our camps, and we are so excited to have the opportunity to teach them about our province and its history."

Early registration night for the camps will be May 13. More information can be found at www.rsm.ca/education or by calling 306-767-7271.



Summer Day Camps

at the Royal Saskatchewan Museum

for more information, call 306-767-7271
or visit www.rsm.ca/education

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for children Grades 1-5

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MALCOLM BUCHOLTZ

The Lost Science brings human emotion to finance

The financial services industry is deeply flawed, in my opinion. Portfolio managers, advisors and planners rely on established academic theories to guide their investment decisions and recommendations. As a former investment adviser, I have now discovered myself from these flawed models. Through my research I have concluded that the financial markets are behaviour-driven. The ups and downs of the markets are a reflection of the emotions of market participants. Our emotions in turn are driven by events in our cosmos and by the mathematical elegance of our world. But the exact nature of this link still is not thoroughly understood by most investors.

What I have determined through

my research is the connection between markets, the cosmos and the markets was first recognized in the early 1800s. But, much of this knowledge was lost starting in the early 1950s as academic theory became dominant.

My research has further shown that the financial markets advance and decline in waves. The size and duration of these price waves align to cycles of the Celtic Moon (1.618). Turning points in the price of stocks, market indices and commodity futures can often be seen to align to Full Moon, New Moon, Equinox, or even changes in the declination of planets. Support and resistance levels on price charts can be anticipated with the application of some basic square root



Author Malcolm Bucholtz

mathematics. Planetary trend lines and Gann lines provide an equally powerful way of identifying support and resistance levels for stocks, market indices and commodity futures. Larger cycles on the financial mar-

kets can be seen to align to advancements of Saturn, Jupiter and Uranus in their orbital paths around the Sun. Shorter cycles can be seen to align to advancements of Mercury, Venus and Mars.

I wrote The Lost Science with one objective in mind — to ensure that investors do not lose sight of the valuable connection between human emotion, our cosmos and the financial markets. The Lost Science is available in e-reader format at Kindle, Kobo, iStock or Sony. Printed books can be ordered at www.lostscience.ca or can be found on Twitter (@investtips) on YouTube or LinkedIn at the Gann Charting/Financial Astrology Discussion Group and at [www.astrologicaltrading.wordpress.com](http://wwwastrologicaltrading.wordpress.com).



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EVENTS

Contemporary Canadian Landscape and Place
The Artists of Scott Nicholson Fine Arts
New exhibitions quarterly
Until July 31 Regine Centre Crossing, 1621 Albert St.

Annabelle Gallery
2266 Smith St. Open Tuesday to Friday 10 a.m.-9:30 p.m., Saturday 10 a.m.-5 p.m.

Noonau Gallery
2146 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

Oakland Gift and Fine Arts
Oil and ink paintings by Chinese artists Linping Jiang and Huang Yan.
2312 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

Pass The Hat
April 16, 9 p.m.
The Club at the Exchange
2431 Eighth Ave.

The Laugh Shop
Live standup every Saturday night, 9:30 p.m.
Roumda Hotel, 818 Victoria Ave.

PERFORMANCE

How to Give Feedback
Workshop for poets and performers
Every Thursday, 7-8 p.m.
Creative City Centre, 1843 Hamilton St.

Word Up Wednesday
Featuring Alexandra Niccetto
April 16, 7 p.m.
Creative City Centre
1843 Hamilton St.

Writing Resilience
Spoken word workshop with Alexandra Niccetto
April 17, 7-9 p.m.
Creative City Centre
1843 Hamilton St.



Hunt for Easter eggs and enjoy a good meal on April 19, 9:30-10 a.m., at Robins Park, Sunset Drive and Montrose Street. Full photo

Ventranced: The Sounds of Music
Until June 13
Applause Theatre Theatre, lower level, 1915 Braid St.

DANCING

Wednesday Night Salsa
Hosted by Regina Salsas
Every second Wednesday night, 8-11 p.m.
Café de la Freshness, 2042 Albert St.

FOR FAMILIES

Blaze and Stinklers
Wednesday, 1 p.m.
Chrysler Olden Southland Rd.
3635 Gordon Rd.

Make a Difference
Combat bullying through ballet, spread kindness with a cookie.
Wednesday, 5-7 p.m.
Secret Ambrose Bookshops, 330 Winnipeg St. W.

How Eggspiring
Easter bunny craft program for ages 5 and over
April 19, 9:30-10 p.m.
RPL Central Branch, 1621 Roblin St.

Youth Music Club
Instruments provided.
April 17, 4-7:30 p.m.
RPL Albert Branch, 1621 Roblin St.

Drop-In Indoor Playground
Friday, 9-11:30 a.m.
South Leisure Centre, 170 Sunset Dr.

Men and Tot Bored Meetings
Hosted by Kate Murray, 304-216-2181.
Friday, 10-11:30 a.m.
Early Learning Family Centre, Scott Collegiate, 3330 7th Ave.

Easter Egg Hunt
Fundraiser for the Cancer Society, \$5 per child, register at 306-527-7135.

at 306-527-7135
April 19, 9:30-10 a.m.
Resilient Park, Sunset Drive and Montrose Street.

Build and Grow Clines
Build a special feast program for children ages 5 and up
Saturday, 10 a.m.
Lewins, 4355 Gordon Rd.

Family Favorites Film
Enjoy a favourite film for just \$2.50
Saturday, 10 a.m.
Galaxy Cinema, 423 McCarthy Blvd. N.

Saturday Movie Matinee
April 19, 1:30-3:45 p.m.
RPL Albert Branch, 1621 Roblin St.

Family activities
Saturday and Sunday, 2 p.m.
Seaskatchewan Science Centre, 2933 Powerhouse Dr.

Family Studio Sketches
Sunday, 2-4 p.m.

MacKenzie Art Gallery, 3475 Albert St.

Parent and Preschooler Juggle Dye
Monday, 9:30-11 a.m.
Al Ritchie Family Wellness Centre, Core Ritchie Neighbourhood Centre, 443 34th Ave.

Science Time for Kids
Interactive workshop aimed at early learners
Tuesday, 9:30-10 a.m.
Taskatchewan Science Centre, 2503 Powerhouse Dr.

Cartooners with Josh
April 22, 10-11:30 a.m.
RPL Connaught Branch, 3435 12th Ave.

The Princess and the Pea
puppet show
April 23, 10:30-11 a.m.
RPL Sherwood Village Branch, 6121 Hochdale Blvd.

April 23, 2-3:30 p.m.
RPL Regent Place Branch, 331 Albert St.

Youth Music Club
Instruments provided
April 22, 4-5:30 p.m.
RPL Albert Branch, 1621 Roblin St.

Worship Morning Out
2303 Avenue Road, 9:30 a.m.
askfor.net

Mothers of Pre-Schoolers (MOPs)
Rosewood Park Alliance Church, mops@rosewood-park.ca

Regina Neighbourhood Club
askfornewcomers@askfor.net

Time Out For Parents
Al Ritchie Family Wellness Centre, 2330 Lindsay St., 306-525-5661, arfw@askfor.net

Y's Women Group
YMCA, 2400 13th Ave., 306-751-5522

Y's Women Group for Multiples
YMCA, 2400 13th Ave., meets the third Thursday of the month at 1:30 p.m.

YWCA Regis
1940 McIntyre St., 306-525-2110

MUSEUMS

Alex Young School Museum
1822 Fourth Ave.
Tour by appointment only
(306-523-3000)

Civic Museum of Regina
1815 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed Sunday and Monday

Government House Museum & Heritage Property
4657 Saskatchewan Ave.
9 a.m. to 4 p.m., closed Mondays.

RCMP Heritage Centre
3927 Broadway Ave.
Open 11 a.m.-5 p.m. daily

EVENTS

Regina Firefighters Museum
1203 Ross Ave.
Teams by appointment (306-777-7714).

Saskatchewan Military Museum
6600 Elphinstone St.
Open Monday and Thursday, 7-9 p.m., only appointment (306-351-9346).

Saskatchewan Science Centre
2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.; Saturday-Sunday and holidays, noon-6 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame
2203 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.; Saturday noon-5 p.m.
Closed Sunday.

SPECIAL EVENTS

Wester-Jagmeet Major's Parade
Wednesday, Friday and Monday, 10-4:30 p.m.
HCMF Outpost Division, 5600 11th Ave.

Stitch and Stitch
April 18, 1-3 p.m.
RPL Southern Branch, 3130 E. Woodburne Dr.

Adult Reading Club
Read with other adults and a volunteer tutor.
April 18, 1:30-3 p.m.
RPL Albert Branch, 3401 Main Street.

Adult Night at the Science Centre
April 18, 6-7 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Anti-Bullying Resources for Parents
April 18, 7-8:30 p.m.
RPL Sunrise Branch, 3130 E. Woodburne Dr.

Chinese Teatime
April 18, 7-8:30 p.m.
RPL Eastwell Branch, Southland Mall, 2955 Gordon Rd.

Meditation Yoga
April 18, 7-8:30 p.m.
RPL Glen View Branch, 1901 Dewdney Ave. E.

Regina Farmers' Market
April 17, 10 a.m.-2 p.m.
Village Square and Innovation Centre Atrium.

Women's Council Youth Poetree Show
Presented by the Fife Hills Qu'Appelle Tribal Council.
April 17
Corvus Arts Centre, 200

Lakeshore Dr.

From Realism to Abstraction
Have you ever wondered how artists create abstract art? Join us for a tour of the Gungl's exhibition, *Between a Chair of Purple, Orange and Green's*, followed by a workshop that explores creating an artwork based on the basic visual properties of colour, shape, line, value.
April 17, 8:30-10:30 p.m.
Dunlop Art Gallery, RPL Central Branch, 2381 12th Ave.

Early Talk
Healthcare modelling that works with the body's natural ability to heal itself.
April 17, 9:30-10:30 p.m.
RPL Southwell Branch, Southland Mall, 2955 Gordon Rd.

Gather Attack Marathon

Support of MS Society of Canada.
April 18, 7 a.m.
Starts at Legislative Building, 2405 Legislative St.

Harlem Globetrotters
April 18, 7 p.m.
Sprint Centre, 6500 Place

Regina Farmers' Market
April 18, 9 a.m.-1 p.m.
Cathedral Neighbourhood Centre, 2900 18th Ave.

Tourismfest
Become a better public speaker. Contact Dawn at 306-332-2039.
Every Saturday, 10-10:30 a.m.
Knox Metropolitan Church, rooms 301-320, 2340 Victoria Ave.

420 Rally
April 20, 2-4:00 p.m.
Victoria Park, downtown.

Permaculture Solutions: Learning from Experts Around the World
Public Educational Meeting sponsored by Nature Regia.
April 21, 7-30 p.m.
Royal Saskatchewan Museum, 2443 Albert St.

Chewy Challenge
Snap-in gathering of board game enthusiasts.
Every Tuesday, 6 p.m.-midnight.
Saskatoon Plaza, 545 Albert St. N.

Tail Gait for Arthritis
April 22, 7-8 p.m.
RPL Central Branch, 2381 12th Ave.

Composting and Waste Management
April 22, 7-8:30 p.m.
RPL Sunrise Branch, 3130 E. Woodburne Dr.

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LEADER POST



EVENTS

Laughier yep

April 22, 1:30-6:00 p.m.
RPL Central Branch, 130 12th Ave.

FILM

U of R Fourth Year Film

Screens April 18-19, 7 p.m.
The Arts Centre, 2627 13th Ave.

NEW MOVIES

Heavenly for Real

Docu April 18, 10 p.m.
Colton Eupio claims hard-earned heaven and set on Jesus' path. At first he only paid attention to the little boy, but when he recalls details of his out-of-body experience, including describing what his parents were doing during his sighting, his family has second thoughts about his

claims. Colton tells about his pre-6-grandfather, whom he's never met, and identifies him through a photo he never saw. However, not everyone believes Colton, and it creates stress for his family.

Bees

Docu Documentary April 18 in the life of a bear family in two reprehensible young cubs are taught life's most important lessons: that in Alaska, their journey begins as winter comes to an end and the bears emerge from hibernation to face the bitter cold. The cub's playful descent down the mountain carries with it a warning: a threat of new dangers. As the seasons change, the brown bears seek food while staying safe from rival male bears and predators, including an ever-present wolf pack.

A Haunted House 2

Comedy April 18, 10 p.m.
After performing an exorcism on his ex, Melissa (Melanie Lynskey) returns in this hilarious sequel by starting fresh with his girlfriend (Jasmin Persad) and her two children. When they move into their dream home, Melissa is once again plagued by bizarre paranormal events. To complicate things even more, his ex-girlfriend (Kishi) (Jessica Kishi) comes back from the dead and moves in right across the street.

Transcendence

Thriller April 18, 10 p.m.
Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of Artificial Intelligence, seeking to create a sentient machine that combines the world's collective intelligence with the full range of human emotions. His

experiments have made him the prime target of anti-technology extremists who will do whatever it takes to stop him. His attempt to destroy Will is the catalyst for his success — to be a participant in his own quest for freedom. Will's thirst for knowledge evolves into a quest for power and there may be no way to stop him.

Galaxy Quest

April 18, 10 p.m.
420 McCarthy Blvd. N.
306-523-9086

Charles O'Connell

Southland Mall Cinema
3025 Gordon Rd. | 306-585-3383

Rainbow Cinema

Golden Mile Shopping Centre
3606 Albert St. | 306-329-5250

...

Particle Power

Docu Documentary Physicists are on the cusp of the greatest scientific discovery of all time — or perhaps their greatest failure.

The Great Beauty

Docu Documentary Jap Garibaldi has seduced his way through the lavish nightlife of Rome for decades, but after his 60th birthday and a shock from the past, Jap leaves and the nightclubs and parties to find a timeless landscape of dreams, reality and beauty in Italian with English subtitles.

Higgins Public Library Theatre

2381 12th Ave. | 306-777-9106

...

Night of the Butterflies

Docu Documentary Join hundreds of millions of butterflies on an amazing journey to a remote hideaway

In the mountains of Mexico

Kanyas Animal Kingdom

Docu Documentary Discover Kanyas' famous fauna in their natural habitat, including the Big Five — lions, African elephants, giraffes, hippos and black rhinos — and gorillas, tigers and cheetahs. Meet two fearless young animals and follow them on their final safari.

Island of Lemurs: Madagascar

Docu Documentary Join Leontine Perlmutter Wright on her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Mexican film actress

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Saturday, April 26th, 2014



jazz Regina

Emilie-Claire Barlow

Doors open at 8:00 pm for the Silent Auction
Concert at 8:00 pm | Casino Regina, Show Lounge
Tickets available at the door
Main Floor \$30 Backstage \$25
Corporate Tables Available only from RJS members \$220 (\$165) | \$110 (\$4)

Tickets are available at the Casino Regina Box Office, at the door,
www.BcketBreek.com/casinoiregina, Bech & Beyond, RJS Board Members

OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie Makay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to leaderpost.com. One winner will be chosen each week.

Please send **high-resolution pictures** and **include the child's name and contact information**.

Last week's QC colouring contest winner was **Kiefer Smith**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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Ricky's
ALL DAY GRILL

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 White bread
5 Cheese breakfast
10 Ten breakfast
13 Baked bread
14 What a "Y" equals in a vowel
15 Cook
16 Middle of a swirl
18 Work like a dog
19 Easy-to-use brand
20 Advertisement for the money market
22 Not often based on a whole lot
23 A global state
24 Largely immaterial
25 It's like a veg
26 An online shopping
27 Your head in the clouds
34 A's report
35 Words said while tripping on a witch
38 "The thing?" at a bar, or a fact to the punch & drink
40 Good-looking person?
43 "I" like
45 Comedy sketch
46 Alternative to pasta
47 Aps for referees
48 "___" (word)
49 The ball in a game
51 Battered, shaped
54 Story thread
55 Out
60 Five starting at
61 One
62 One of Isaac's twins
63 Start of an elevation
64 One of the
65 Order eleven
66 "___" (word)
67 "___" (word)
68 "___" (word)
69 "___" (word)

DOWN

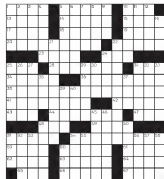
- 1 Product of fermenting
2 "___" (word)
3 Not married
4 Jonathan and Martha
5 English a People
6 Newly arrived
7 What the Southern
8 19th-century paper
9 Called "the Great"
10 "___" (word)
11 "___" (word)
12 "___" (word)
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JANRIC
CLASSIC
SUDOKU

Level: SILVER

Fill in the blank only
using numbers 1 to 9.
Each number can appear only once in each
row, column and 3x3
block. Use the numbers
and arrows to determine
the solution.

The difficulty level
ranges from Bronze
(easiest) to Silver
(hardest).



PUZZLE BY JEFFREY

- 3 Not married
4 Jonathan and Martha
5 English a People
6 Newly arrived
7 What the Southern
8 19th-century paper
9 Called "the Great"
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Solution to the
crossword puzzle can be
found on Page 10

THE COPPER KETTLE

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LAHORE - \$1260
ISLAMABAD - \$1260
PESHAWAR - \$1340
COLOMBO - \$1351

MIDDLE EAST

- MAADAN - \$1091
KUWAIT - \$1111
JERUSALEM - \$1181
AMMAN - \$1140
BEIRUT - \$1140
CAIRO - \$1140
ABU DHABI - \$1140
DUBAI - \$1140
RYGADH - \$1170
MUSCAT - \$1171
DOHA - \$1171
SANA'A - \$1181
BAHRAIN - \$1181
PRISTINA - \$1180

AFRICA

- NAIROBI - \$599
DAR ES SALAAM - \$1118
JOHANNESBURG - \$599
ENTEBE - \$599
KHARTOUM - \$1071
ADDIS ABABA - \$1080
CAIRO - \$599
DURBAN - \$599
ACCRA - \$599
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LAGOS - \$591

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SHARP EATS

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#MADE IN SASKATCHEWAN

Behind the scenes at LB Distillers

By Jenn Sharp

It was whiskey that kicked off the opening of LB Distillers in 2012, but not just any kind of whiskey. The goal of operating a single-malt whiskey distillery has put this group of artisan alcohol makers in a unique company; they're one of only five producers making Scotch style single malt whiskey in Canada.

As co-owner Michael Goldsby explains, making whiskey is a long process. Their three styles are barrel aging right now. The first batch will be ready in 2015.

LB's fermentation vessels are currently full of saccharomyces cerevisiae, Latin for distiller's yeast. A mixture of molasses and evaporated cane juice are fermenting now and in about a year the men will be ready.

In the meantime though, LB (short for Lucky Distillers) has become known for their smooth vodka and craft gin. Goldsby says they spend a lot of time working on these spirits and it shows. LB products are sold in 300 locations in Saskatchewan with more to come.

Head on for a behind-the-scenes tour of the distillery which is open to the public and offers free tastings at 1800 Ave H N.



Michael Goldsby explains why the distillery is named Lucky Distillers. Ginger, the beautiful copper still, is to the right. QC PHOTO BY MICHAEL BENT.

GINGER

At just 258 litres, "Ginger" is small for a still.

"The big guys sell more than we can make," laughs Goldsby.

LB Distillers can sell up to 30,000 litres per year directly from the manufacturing machines on Ave. H in Saskatoon. Compared to the big guys, that's a small quantity but for a micro distillery, business is good. They're getting close to that quota and are expanding into Alberta and SLGA stores.

VODKA FILTER

Since Ginger isn't tall enough, LB doesn't start with its own formulae for the vodka.



The vodka filtration unit at LB Distillers.

SHARP EATS



The sugar and wash kettle.



The whiskey barrel's iron base.

Lil starts with a neutral grain spirit — a pharmaceutical-grade wheat alcohol. But, unlike other vodka makers, Lil doesn't just add water and a smooching agent to make vodka.

"I really don't want to sound like I'm bragging when I say that. There's nothing wrong with making vodka that way, there's how most vodka is made. But I can honestly say it's not how making vodka that way," says Galloway.

"If you're not having fun making booze, you're doing something terribly wrong."

It takes a little more craft to make Lil's definition vodka. The spirit spends three hours in the copper still, an important step because copper heads with sticky sulphur.

Next, the spirit goes up to the lake. It takes six to eight solid runs to fill up the still. Once it's full, the stilling unit is turned on. The spirit is distilled to less than 8°C to store down the ice kinetic energy before the vats are opened.

Then, gravity trickle filters it through 30,000 million square mic-

rons of surface area of granulated activated charcoal.

Bottled, filtered and UV sterilized, and distilled city water is added next. The vodka is then a pure spirit. Glycerine, sugar or rose water is commonly added to most produced vodka at this stage. These ingredients coat the back of the tongue and track you into thinking the vodka is smooth. Lil doesn't add any smooching agents in their vodka.

The test of your favourite vodka has glycerine added: put a drop on the palm of your hand and rub your finger in it. It's not a good sign if it goes sticky as it evaporates.

MALTING

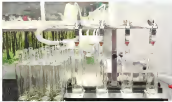
Malting is an important step as it unlocks the energy in the grain and converting it to alcohol.

"It's actually kind of a great track their played on the grain," says Galloway.

A malter steep the grain in water for 30 hours, which then start growing. The malter adds heat to stop the growing process. This less



The stable distillation process.



Distilling is the first step before anything is added. Then the product is ready for the customer.

to be done carefully though — too much heat will damage the my grains. Traditionally, it was done with burning logs, but a stove floor with charcoal would turn the wet grains for three days. Not too.

Now, there are malt dryers. Lil gets its grain pre-malted.

AUGER

Lil grinds the malted grains into coarse flour, which is then sieged into the mash kettle.

"This is the part of the beer where if you're spent any time as a farm, you can laugh at that sugar farmers always come in here and tell me how cute my sugar is!"

MASH KETTLE

Over the malted grains are in the water-filled kettle, the whole jacket and cooling paddle are turned on. During the next three hours, the heat and water convert the starches into simple sugars. Next, a big batch of this, sweet porridge is cooked up

More online at:
leaderpost.com/lpc

■ Look in to Mike's Galloway, a former family physician, tell the story about how winter, the factory can build him to found Lucky Distillery with his business partners.

■ Watch how Lil's natural vodka product, a honey poplar liqueur, style: Huckle, Muddy, or Pardon is made.

In fact, the process is very similar to making beer.

"Whiskey is what beer wants to be when it grows up."

DOUBLE DISTILLATION

This is done in the whiskey and runs. The stripping run comes first — where the extra impurities are made — over two days.

After the stripping run, a clear distillate goes back in the still for a second distillation. The point of this is to make the alcohol impure much harder to change out of the still. This helps shake off any "tagalogs" that don't taste very good and it forces the alcohol to leave the still in single hit, which allows the heat to be separated from the molecules.

The heads come first — seeking and methanol. The middle is the heart, which is saved and tested frequently. As soon as it starts tasting better, the barren heavy tails are coming and the still is shut down. This is the still that can really ruin a barrel.

BUNG HOLE

"This will be the best smelling bung hole you smell all day," says Mike Galloway.

This barrel is full of an unspiced whiskey whiskey that's only been there for six weeks but is already coming along nicely. As long as you're got the other end right and made sure it's out from the distillation, you can relax after the whiskey is in the barrel. Unlike a winery there are no fears of mould, bacteria or yeast spoiling. "The whiskey is antiseptic and will just get better in the barrel."

